PROCESS BOOK FOR MIND BODY SPIRIT PROJECT

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ART2602C Intro to Digital Media

For this project, I am creating a triptych series of self-portrait collages based on the terms: mind, body, and spirit.

RESEARCH AND IDEAS PHASE

MIND WORDS

- Daydream

- Lost

- Unsure

- Labyrinth

- Mixed up

MIND

- I often find that my mind wanders and can get lost in endlessly trailing thoughts. This made me think of a labyrinth.

- In the labyrinth scenario, my train of thought is the Minotaur, simply wandering the endless planes.

- The supposed hero, Theseus, which would come to cause trouble would represent tasks and daily life that attempt to focus me on the present, occasionally to the detriment of my mental health.

MIND

- With my train of thought representing the Minotaur, the creature becomes innocent of wrongdoings, only guilty of being mistreated by the world around it.

- After all, is it the Minotaur's fault that it was born the way it was, fated to ever wander the labyrinth that imprisons it?

- I place the Minotaur as the sympathetic angle because I find that I would much rather wander aimlessly in my thoughts than pay attention to my responsibilities.

- I would represent the Minotaur's innocence with daisies, perhaps placed on its head.

Possibly placing two round stained glass pieces side by side would give the effect of glasses

BODY WORDS

- Black Hair: Raven

- Glasses: Stained glass

- Green eyes: Cat

- Pale Skin: Ghost

- Half-shaved hair

Cat fits well as I am a cat person who is just as aloof as they naturally are.

BODY

- This is the one that gives me the most trouble to visualize. I can be honest and say that I don't particularly like my appearance, so representing it in some way irks me. So, instead of representing my exact looks, I will find connections to things that have more interest to me.

I found the posture of a raven as it caws very amusing. I have a tendency to slouch so it feels very fitting.

Ghost fits quite well too, as I enjoy spooky, goth aesthetics.

SPIRIT WORDS

- Religious Guilt

- Loneliness

- Fear

- Neglect

- Sadness

I like the shape of this angel statue but I don't like the wings, so I plan to take the wings from this eagle and put them on the angel. I'm using eagle specifically because they are dangerous birds of prey. This one is an archangel and will be the center piece.

SPIRIT

- I have a difficult relationship with spirituality. I want to believe that we aren't just the universe's happy accident and that something made us and cares for us. However, I don't align myself with any of the attitudes of religious groups. I have found that there is a lot of bigotry and hate that I just can't get behind. I myself feel a lot of pressure and guilt for feeling like I might be different than the mold set out for me. I have yet to discover fully what this means for me, but I would like to explore that without harassment from a religious affiliation.
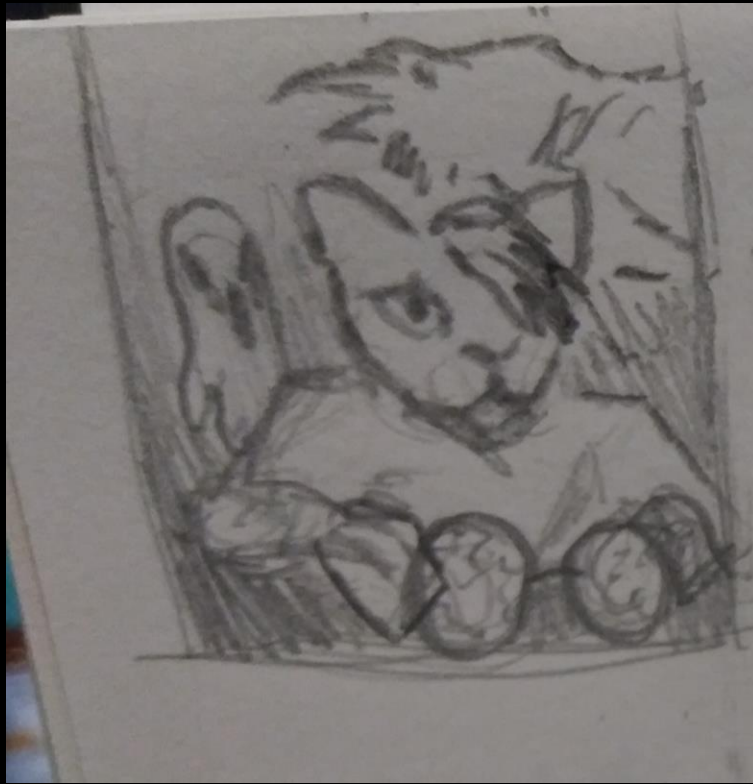
The wing base that I plan to use to create a biblically accurate seraphim, or a six winged angel.

I plan to place the wings on this angel statue as it is a bit creepier than the statue I'm using for the archangel.

PROCEDURE PHASE

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- cat face in foreground on top of human body
- cat is holding stained glass glasses
- ghost behind shoulder
- raven behind other shoulder
- add fringe to cat

BODY SKETCH

- I ended up starting with body. At first, it was the one I wanted to make the least, but once I came up with this concept, I was very excited.

BODY 1ST PASS

- This was my first attempt to put everything together. I like it, but I feel like the pieces need to be tied together more cohesively.

- I also have yet to add the stained glass to the glasses or the hair to the cat. Although, I am not sure if I will keep the hair idea.

SPIRIT SKETCH

- I had a vague idea of this one, mostly regarding the frightening biblically accurate portrayals of angels.

- I did want it to be fully accurate, though, instead of being just for shock value, so the most human looking angel, the archangel, is at the forefront. I made this choice because the archangels, like Gabriel, are typically the ones depicted telling people, "Do not be afraid."
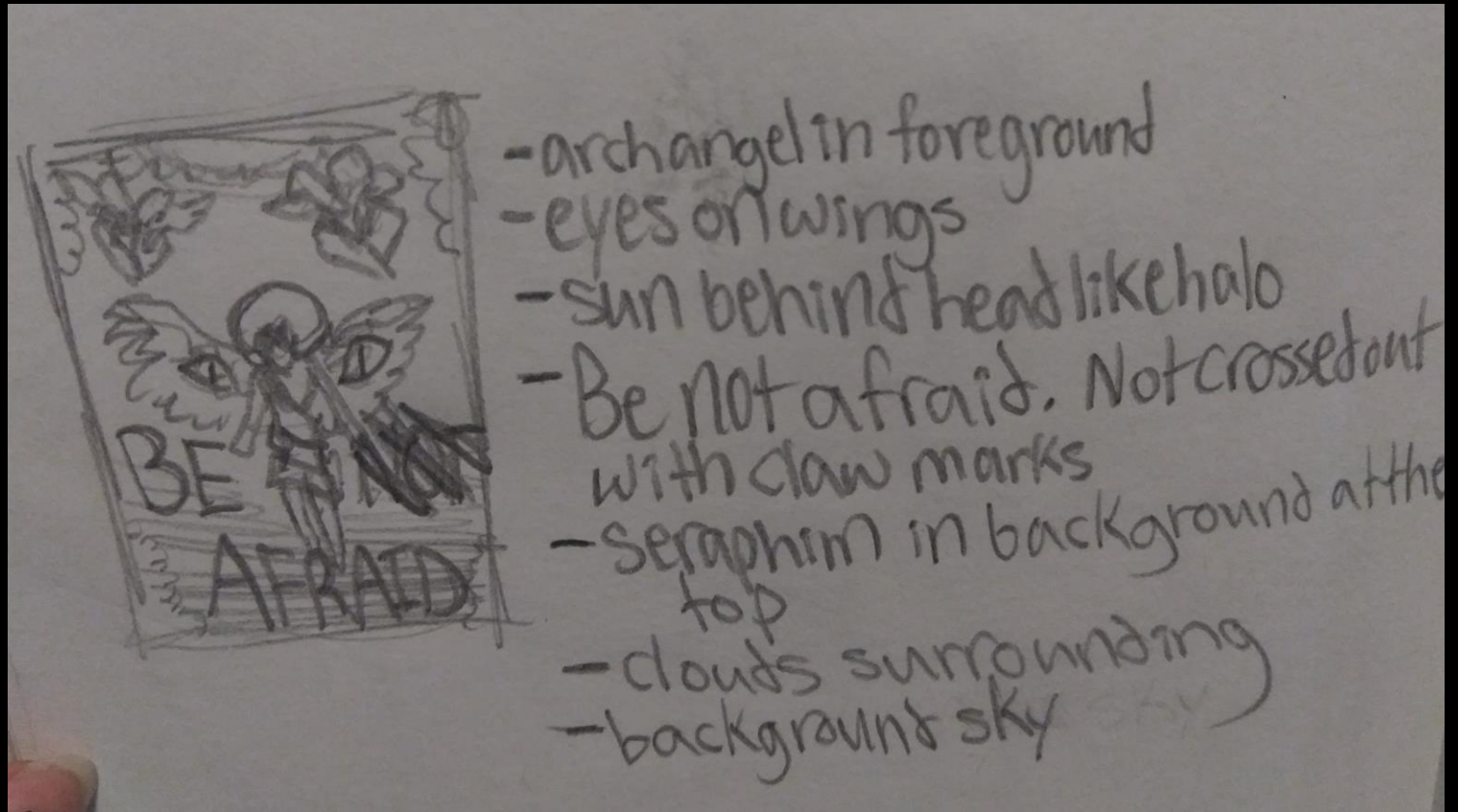
- The seraphim up at the top are designated only to constantly shout God's praises. They are described as being beings with 6 wings, two to cover their face, 2 to cover their feet, and 2 to fly. I decided to place them up at the top, perhaps with some blinding light to symbolize that they are near God.
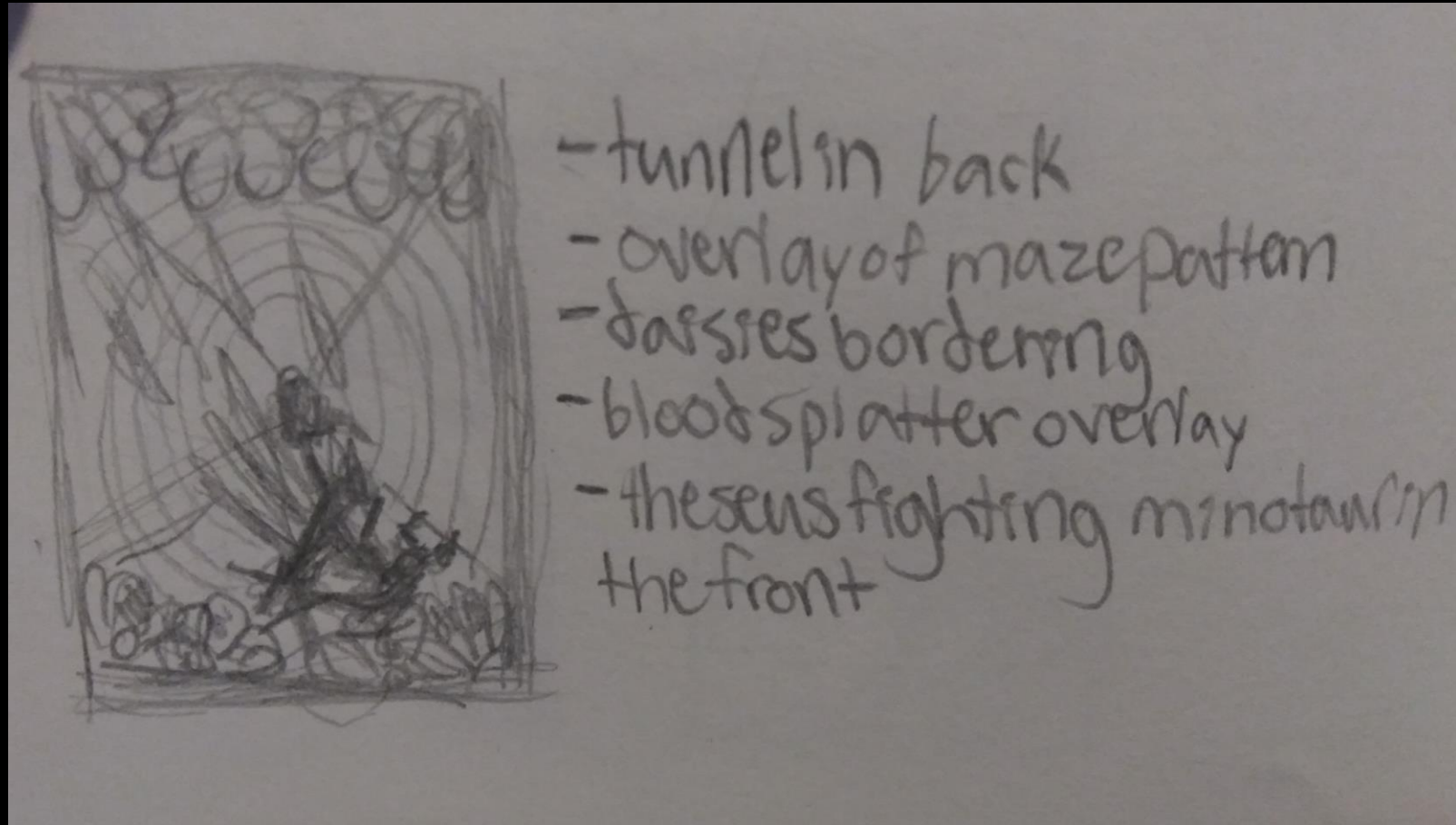
SPIRIT 1ST PASS

- This is my first attempt at throwing everything together.

- I really enjoy the way it looks, but I did forget the Sun halo behind the center angel and I would like to play around with the colors a bit more.

- I ended up going with a lightning bolt on the word "not" instead of the original scratch marks as I figured that was a more on the nose method of portraying God's fury.

MIND SKETCH

- Although, when I originally thought of it, this was my favorite idea, I found that I had a hard time translating it into visuals. This concept appears very muddled as a result.

- I intend to mess around with the placement and idea of things to improve the composition. I think I want to highlight the minotaur as the subject, but I will have to figure out exactly how to make it work.

-tunnel in back
-overlay of maze pattern
-dassies bordering
-bloodsplatter overlay
-theseus fighting minotaur in the front

MIND 1ST PASS

- This was my first attempt to throw everything together.

- This one changed the most from its sketch, as I wasn't really sure what direction I was going to go in.

- I ditched the blood spray effect idea because it felt too cartoony for the subject matter.

- I think it turned out relatively well, all things considered, and I do like the bull head with the daisies being on the top and bottom like this.

FINISHED PIECES

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FINISHED MIND

- Although the idea was kind of scattered at the sketch phase, I think it really came together in the final product.

- I ended up adding daisies to the corners because they felt a little bare.

FINISHED BODY

- I liked this one from the moment I made it. The only change I ended up making from the process piece is adding the stained glass to the glasses.

FINISHED SPIRIT

- I really like how this one turned out as well.

- I ended up really enjoying the saturation, especially when this piece is compared with the other two.

- The main addition between this version and the in progress version is the addition of the Sun halo.

The Three Pieces Together

BE NOT AFRAID.

ARTIST STATEMENT

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- With this project, I was tasked with making a triptych, or three creations that go together. I was to do these as photo collages with Photoshop. The pieces represent the concepts: mind, spirit, and body.

- My vision with this project was to create pieces that described me, but in ways that would be interesting to look at. When the project was first assigned, I figured it would be difficult for me to think of what to do, as I tend to do very little self-introspection. However, I ended up coming up with ideas relatively quickly. For my mind, I find myself lost in daydreams like one might be lost in a labyrinth, so I used the Greek myth of the Minotaur in my work. For my spirit, I feel a lot of religious guilt and fear, so I thought of the frightening biblical depictions of angels. For my body, I simply described myself in ways that I enjoy, like with cats and ghosts.

- Overall, my three pieces describe me very well as a person. I enjoyed the process of creating them just about as much as I enjoy the final products.

PROJECT REFLECTION

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- During this project, I learned to use Photoshop, a tool which I have never used in my life. At first, I found it very frustrating, due to the seemingly complicated interface and the huge amount of buttons to press. Eventually, I managed to brute force my way through figuring things out, just by trial and error. I find I learn the best that way.

- I ended up very much enjoying the process of creating these pieces, much more than I thought I would. I worked with the first concepts that came to my brain, simply because those were ones that I knew I could make look awesome. I didn't end up doing more than two renditions of the piece, the first try and the final. I didn't change the first try much when I made it into the final either. I did this simply because I knew what I wanted the moment I opened Photoshop, and I got the pieces there as soon as possible. This amount of clarity on what I wanted has never really happened with any of my other art pieces, so I ended up very pleasantly surprised with how smooth things ended up running.

- I think if I did the project over again, I would make the pieces more complex. I stuck more surface level, since I was unfamiliar with the tools of Photoshop, but I think if I explored them a bit more, I could knock out something even more spectacular.

URLS FOR IMAGES USED
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MIND

- https://flic.kr/p/6L9JX

- https://unsplash.com/photos/OjrmUvnkMYs

- https://commons.wikimedia.org/wiki/File:Theseus_Minotaur_Mosaic.jpg

- https://flic.kr/p/bs5ESk

- https://flic.kr/p/9PBovn

BODY

- https://flic.kr/p/t24hs1

- https://flic.kr/p/9pW2fw

- https://www.pexels.com/photo/black-bird-perching-on-concrete-wall-with-ocean-overview-953150/?utm_content=attributionCopyText&utm_medium=referral&utm_source=pexels

- https://flic.kr/p/dkg3aX

- https://oculoplastica.it/wp-content/uploads/2016/09/iStock_67203051_XXXLARGE.jpg

SPIRIT

- https://flic.kr/p/5U2axt

- https://www.pexels.com/photo/black-and-white-eagle-73825/?utm_content=attributionCopyText&utm_medium=referral&utm_source=pexels

- https://flic.kr/p/pFm6GD

- https://flic.kr/p/ocgxtD

- https://www.reddit.com/r/VaporwaveArt/comments/fg4c3k/real_angels/

- https://flic.kr/p/o3YMyT

- https://flic.kr/p/emfuDQ

- https://flic.kr/p/4zfPhP

- https://flic.kr/p/8psqa3

- https://flic.kr/p/2iwxXWk